



Ride to Thrive



18

ANNUAL REPORT

NVTRP rider, Kyrah, participating in a hippotherapy demonstration at the 2018 Ride to Thrive Polo Classic. Photo by Sydney Sawyer Photography.

Henry

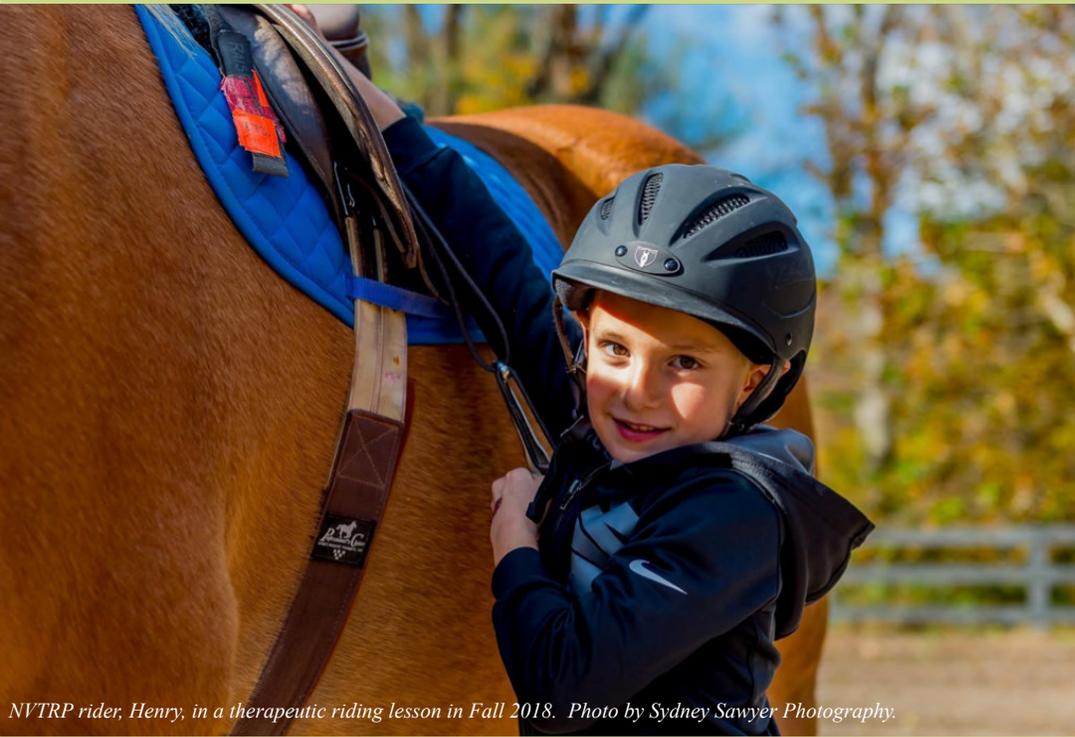
From the outside, five-year-old Henry may seem like a typical child. But Henry struggles with sensory processing disorder, which makes it difficult for him to process and integrate sensory information. He also struggles with social and emotional development delays, which make it challenging for him to interact with peers and make friends.

But working with horses has given him newfound self-confidence -- confidence that's helped him thrive in other areas of his life. Henry's parents say that since his first ride at NVTRP, Henry has become much

more outgoing and has been able to make new friends at school. Horses have become a source of true joy in his life.

"I knew if I could be brave enough to ride... I could be brave and meet new friends at school," says Henry.

Henry's mom, Meghan, says she always sees a notable change in Henry's demeanor after his weekly riding class. "When Henry's having a difficult day, you can see his spirit lift the moment he gets on a horse... riding provides him with so many moments of sheer happiness."



NVTRP rider, Henry, in a therapeutic riding lesson in Fall 2018. Photo by Sydney Sawyer Photography.

From an NVTRP rider mom:

"My daughter is severely disabled and spends hours each week in therapy. To see her be able to do something fun, outdoors, that's helpful for her, supported by encouraging loving volunteers makes me so happy. She is deprived of so many "regular" activities because of her disability and NVTRP helps her do something most kids would love to do but don't get the opportunity to!"

From NVTRP military riders:

"[Riding] made my mind clear;"

"I was able to relax and forget my problems for a while;"

"[I was] incredibly anxious before we started and my mood was flat, but halfway through I realized I wasn't anxious and I was smiling;"

"...for a few moments, I felt a sense of freedom;"

"The memory of Chukker [the horse] will be my go-to when stressed."



An NVTRP military rider enjoying a peaceful afternoon ride at the farm. Photo by Olivia Taylor.

NVTRP in 2018 at a Glance

Good News in 2018:

- ♥ Raised \$1.4M in capital funds, allowing for the near completion of Phase 1 of the Build to Thrive project, a three-phased capital improvement project that includes an indoor riding arena and new barn
- ♥ Started offering equine-assisted psychotherapy
- ♥ Provided 655 fully subsidized rides to recovering service members and youth-at-risk (\$74,225 value)

The organization:



15 program horses
2,877 bales of hay
130 farrier visits

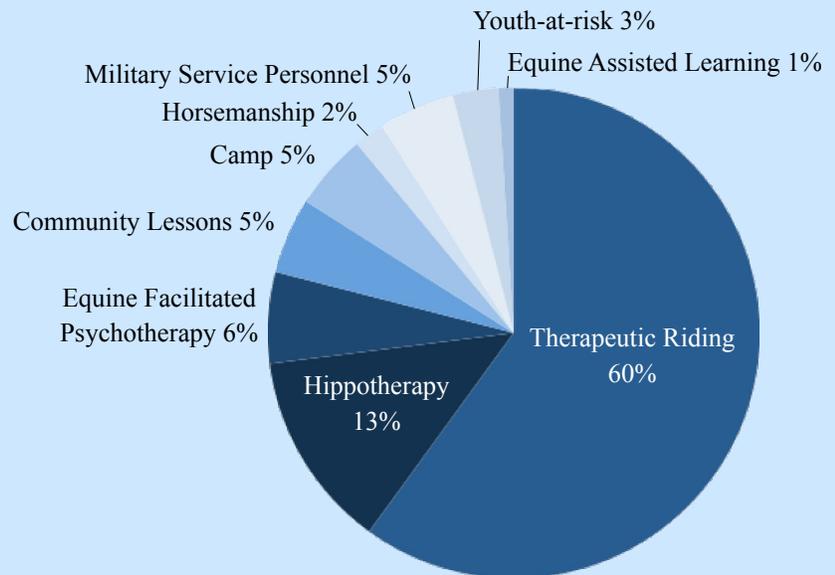


388 lesson/barn volunteers
284 workday volunteers
12,024 donated volunteer hours



16 staff members
4 full-time staff
9 instructors

TYPES OF SERVICE



Detailed financial information is available at www.nvtrp.org/financials or upon request from the VA Department of Agriculture and Consumer Services.

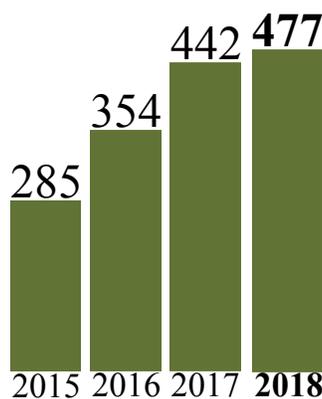
Individuals served in 2018:

93% of riders reported improved mental well-being

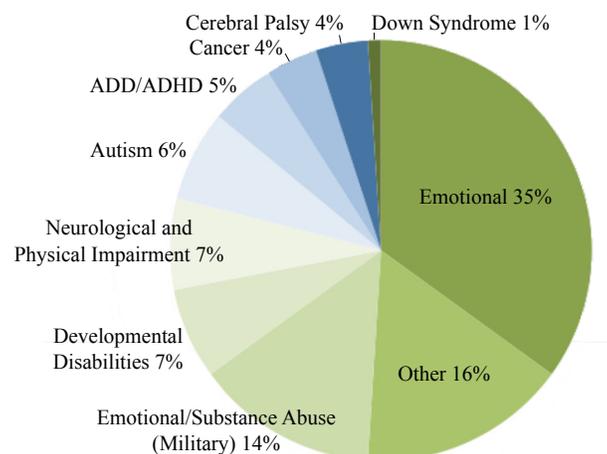
91% of riders reported improved physical well-being



3,942
units of service



INDIVIDUALS SERVED



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Includes Donors to Capital Campaign and Program Operations

\$300,000+

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We apologize in advance for any errors. To make corrections, please contact Kayla at kelias@nvtrp.org

Giving Children a Chance to "Take a Breath"

“The kids really learn problem solving here,” shares NVTRP Instructor Sarah Maceyak. “They have to figure out how to plan and execute a task to get the horse to do what they want. Nobody else is going to do it for them. . . They gain so much confidence when they realize they can make this very large animal do what they want.”

Maceyak co-taught the spring riding session for ten 4th-6th graders who came to us through our partnership with Second Story, a non-profit that helps at-risk young people thrive. Lessons learned at NVTRP—confidence, problem solving, assertive communication—directly support Second Story’s goals of encouraging at-risk youth to stay focused on school and to make positive life choices.

NVTRP partners with a variety of organizations to serve at-risk youth, Second Story among them. Efforts in 2018 included a three-week equine-assisted learning program with third graders at Washington School for Girls to support successful classroom learning, a 12-week Equine-Assisted Learning program with Boys & Girls Clubs of Fauquier to help 40 at-risk children work on mental wellness and leadership skills, and a partnership with Boys Probation House to provide therapeutic riding to troubled teens.

Second Story staff member Leslie Reynoso shares how beneficial riding and interacting with horses is to at-risk youth. “The children are very observant, they understand all the stresses their families are under, all the struggles that come from living in a really low-income family. Their apartments are so crowded. They witness a lot of violence. Coming to NVTRP is a great way for them to take a breath, a literal big breath of fresh air, and just be kids.”

“When they come here [NVTRP], they take their minds off what’s at home, they’re happy and free for a couple of hours,” says Reynoso. “They really bond with their horses, and that connection stays with them when they leave. They’re different kids when they get back in the van.”



*Rider from Second Story on Chukker in a therapeutic riding lesson.
Photo by Sydney Sawyer Photography.*



NORTHERN VIRGINIA THERAPEUTIC RIDING PROGRAM

Mission: To help each individual realize their highest potential by providing equine-assisted activities to people with disabilities, youth-at-risk, recovering military personnel, and others in need in an inclusive, community setting.

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Organizations NVTRP partnered with or served in 2018

Second Story+	Fairfax County Parktakes	Boys and Girls Club of Fauquier County*+
Washington School for Girls+	MVLE	Kipp School- The Learning Center*
Ft. Belvoir Residential Treatment Center+	Fairfax Country Sheriff's Office+	Larmax Homes*
Ft. Belvoir, 4 South+	Final Salute House - Hoofprints for HERoes+	
Infant Toddler Connection	Boys Probation Home*	*new in 2018 +fully subsidized by NVTRP

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Photo by Christina Duffy.